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Food and Nutrition

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"THE GOAL"

a nutritious diet for all Americans

By Clifford M. Hardin, Secretary of Agriculture

IT HAS BEEN WRITTEN that "recent studies and events on the American scene dramatize the stubborn persistence of 'pockets' of poverty, disease, malnutrition and ignorance. . . . Here in the United States there is enough food and enough of the right kinds. The problem is how to get it to the people who need it."

Those words have meaning today, even though they were put down on paper more than 2 years ago, in my introduction to the book, *Overcoming World Hunger*. We must still seek out the pockets of hunger and poverty to fulfill the recommendations of the White House Conference on Food, Nutrition and Health: the total concept of all Americans, regardless of status, being entitled to a fully nutritious diet. While hunger and malnutrition are indeed universal problems, not confined to age, race, income, or geographic limits, we know that their incidence and degree do correlate closely with income levels.

For this reason our emphasis and priorities have had to focus on getting food to people who are hungry because they are poor. But we must recognize also the problems of nutritional deficiencies among people who have money to buy the right kinds of food, yet for various reasons fail to do so. Hence, the dimensions of the task before us are far-reaching.

As for the specific programs that have been strengthened and applied so successfully in the past 2 years —since the new Food and Nutrition Service was established—these have been consciously directed at making food available to those who need it most, the poorest of the poor—to give deprived children the ability to learn and grow, to give adults energy, and to give the elderly some sense of well-being.

The food programs seek to eliminate deficiencies that hinder people's

efforts to achieve economic capability. They serve as a stop-gap until other economic measures can take hold. The Administration's commitment to this course is strong and forthright.

Soon after the White House Conference, for example, administrative action was taken to revise and liberalize the Food Stamp purchase schedules.

The Administration also endorsed a series of legislative and administrative actions to carry out the President's pledge to provide free or reduced-price lunches for every needy school child in America. In May of 1970 the President approved Public Law 91-248, which provided the authority for a much stronger, better organized drive to get meals to children who come from poor families.

The new legislation substantially bolstered the effort to provide meals at no cost to youngsters who can't afford to pay, and at reduced price when they can afford to pay only a little. In all cases, the systems of delivery must assure that children will not be embarrassed by being identified by their schoolmates as recipients of the free or token-priced meals.

In July of 1970, total funds requested for child nutrition programs were sharply increased from the \$657 million spent the previous year to more than \$1 billion for fiscal 1971. A full third of that sum—\$365 million —was slated for special assistance to needy children, an eight-fold increase over the amount spent for this purpose in fiscal 1969. There is little reason now why free or reduced-price lunches should not become available to all eligible children in schools that participate in the School Lunch Program.

Along with these developments, a range of federally-assisted nutrition efforts made significant impact during

the past year and a half. This action by the Federal Government to foster better nutrition and greater health among people is important, obviously. But action on the part of private groups and by State and local governments is not only important, but essential. Only with the encouragement, leadership and cooperation of private and local institutions can lasting gains be achieved.

Equally essential is the work of volunteer organizations and individual citizens throughout the country in complementing the activities of government agencies and of business and industry.

Impressive as the accomplishments on all fronts have been, larger-scale efforts will be needed in the future. The final mile may well prove to be the most formidable. We must find those hidden pockets of misery, the remote, the withdrawn, the hitherto unreachable. We cannot give food to a malnourished child in school if the school does not provide a lunch program; we cannot feed any hungry person where social, economic, and psychological barriers shut out food assistance programs.

We cannot realize the full potential of the Food Stamp Program when laxity and deceptive practices are permitted to exist—it is imperative that we gain the utmost cooperation of State and local welfare organizations to eliminate abuses. Nor can we make lasting progress when ignorance and misinformation block the way.

Our mission is not an end unto itself; nor are programs to eliminate hunger substitutes for other, broader efforts to move America forward and to eradicate poverty.

Our cause is great. We are registering solid progress. And we have the dynamism to move to even greater accomplishments in the years just ahead.



focusing on feeding kids

ANYTIME IS MEALTIME when you put food and kids together. And it is in the interest of well-nourished children that USDA has a number of food programs to meet the food needs of youngsters the year round, both in and out of school.

The increased awareness and focus on hunger and malnutrition that surfaced during the 1960's resulted in a national commitment expressed by the President on May 6, 1969, in his "Hunger Message" to Congress.

Legislation, increased funds and resources, and general public recognition of the plight of millions of people who lacked money to buy adequate diets quickly followed.

Since 1968, the number of children getting food help through USDA programs, particularly poorer children, has increased dramatically:

Under the National School Lunch Program 24.2 million children are now being served nutritious lunches, and February figures show that 6.7 million children from needy families were receiving their lunches free or at reduced prices during that month.

A year ago 4.7 million needy children got free and reduced price school lunches; 2 years ago—February 1969—the figure was 3.5 million.

Under the School Breakfast Program, designed for children who live in low-income areas or who must travel long distances to school, 841,000 children received breakfast in February, almost 75 percent of them at little or no cost to their families.

The Special Food Service Program, the program designed to reach pre-school children and children while they are not in school, provides meals

to 178,000 youngsters in day care centers and recreation centers located in low-income areas and areas with many working mothers.

School Lunch Program

This year marks the 25th anniversary of the Nation's expression that its children be well fed at lunchtime. In 1946 Congress passed the National School Lunch Act, to "safeguard the health and well-being of the Nation's children."

The National School Lunch Program is essentially a community effort. School authorities and interested local citizens operate lunchrooms in their community schools throughout the country.

USDA's Food and Nutrition Service administers the program in cooperation with State departments of educa-



tion. In addition to cash and donated foods, FNS specialists provide administrative and technical assistance to State personnel who in turn advise local managers operating the individual school programs. The State departments of education enter into agreements with the schools for the operation of the programs and exercise on-going supervision.

All public and nonprofit private schools (such as parochial, sectarian, and denominational schools) of high school grade or under may take part in the program. In order to be eligible for Federal lunch aid, schools must agree to:

★Operate the lunch program on a nonprofit basis for all children regardless of race, color, or national origin.

★Serve nutritious lunches that meet the standards established by the

Secretary of Agriculture.

★Provide lunches free or at reduced price to children who are unable to pay the full price of the lunch, based on the income poverty guidelines prescribed by the Secretary.

Federal funds for the school lunch program are apportioned among the States to be used in reimbursing schools for part of the cost of the food they purchase.

The amount of money each State receives is based on two factors: school lunch participation in the State, and per capita income for the State.

Federal funds used in a State for reimbursing schools must be matched with funds from sources within the State, including State and locally appropriated funds, children's payments, donated goods and services, etc., at

the rate of 3 dollars for each Federal dollar.

Foods For Lunch

Approximately 75 percent of the food used in the school lunch program is purchased by schools on the local market. USDA donates the remainder in two ways.

First, the Department buys and distributes foods especially for schools participating in the National School Lunch Program. These foods generally include frozen and canned meat and poultry items and a variety of canned fruits and vegetables that are especially suited for children's lunches.

Second, foods acquired by USDA under its farm programs are generally available to all eligible nonprofit school lunch programs.



The "Type A" Lunch

The school lunch is based on the pattern known as the "Type A" lunch, and is designed to meet one-third or more of the daily dietary allowances recommended by the National Research Council for a 9 to 12-year-old child. Lunches served under the National School Lunch Program, in order to be eligible for cash reimbursement, must meet the minimum requirements that make up a Type A lunch.

New Legislation

On May 14, 1970, the President signed Public Law 91-248, making significant improvements in the Child Nutrition Programs.

The new law emphasizes that the school lunch program must be available to children in all schools—and clearly sets priority on reaching needy children.

Under the new law, all schools receiving Federal assistance for their food programs must establish and publicly announce a policy and plan for providing free and reduced-price meals to all needy children.

The meals must be provided on the basis of family income eligibility standards which, at a minimum, meet the national standard established by the Department of Agriculture—\$3,720 annually for a family of four.

The schools must also agree to protect the anonymity of children receiving meals free or at a lower price. Such children may not be singled out through work requirements, use of different color lunch tickets, or any other means.

The schools are required to provide applications for free and lower-priced

meals to all parents of schoolchildren, to set up fair hearing procedures for families to use if such meals are denied, and to follow the same fair hearing procedures if they challenge the continued eligibility of a child.

During the challenge, the child must continue to receive his meals free or at a reduced price. Local school food authorities keep on file their policies and plans on free and reduced-price meals and make them available upon request to any interested party.

The State departments of education must approve the free and reduced-price meal policies of all schools. In addition, the new law requires that each State submit, as a condition for receiving Federal funds, annual State plans of child nutrition operations. In these plans, the State departments of education must describe the steps they plan to take to extend Child Nutrition Program benefits to all needy children and to extend the School Lunch Program to every school in the State.

The new law also does the following:

★ Sets 20 cents as the maximum price that may be charged for a reduced price lunch.

★ Authorizes State agencies to use Federal funds to help schools in financing all or part of the costs of a school lunch program.

★ Authorizes Federal appropriations for child nutrition programs to be made a year in advance.

★ Allows within-State transfer of funds between authorized school lunch and child nutrition programs.

★ Emphasizes and authorizes funds for nutritional training for workers

and nutrition education for participants.

Nonfood Assistance Program

In 1966 Congress authorized Federal funds to help schools in poverty areas purchase equipment needed to establish, maintain, and expand school food services. The money for non-food purchases is apportioned among the States to pay up to three-fourths of the total price of the equipment, including installation charges, in needy schools. The remainder must come from sources within the State.

Schools approved for nonfood assistance must agree to take part in the National School Lunch Program and/or the School Breakfast Program. If it has only the breakfast program, the school must agree to work toward starting a lunch program.

Engineered Foods

New on the scene in school lunch and breakfast programs are engineered foods. The first specifications approved for local school use were for a fortified breakfast cake with creamed filling. When accompanied by milk, it meets the requirements for the 3-component USDA breakfast (about one-fourth of the daily nutritional needs of children).

Other new engineered foods are a textured soy protein product and high-protein macaroni, which are to be used in combination with meat or meat alternates.

The new concept of engineered foods has come about because the Department is aware of changes in dietary habits as well as changes in the nutritional quality of processed foods.



It is interested in engineered foods to the extent that such new foods can offer improved nutrition to the general public. These are foods which are so prepared and processed that they achieve the following purposes: improved nutrition, reduced cost, greater convenience in meal preparation, improved acceptability and improved stability.

Satellite Feeding

Many schools across the Nation lack kitchen facilities. To reach these schools, the satellite kitchen concept is used: a central kitchen is used to prepare lunches, which are shipped to the schools without kitchens and heated for serving in special ovens. In some cases, the lunches are delivered hot. This enables more youngsters to be able to share in the benefits of a

hot lunch.

School Breakfast Program

Breakfast at school is a relative newcomer to the Child Nutrition Programs. It was added because children who come to school hungry find it difficult to learn. The School Breakfast Program helps by providing a nutritious breakfast in schools with many needy pupils, or to which many of the children travel long distances.

Pupils can buy this breakfast at a reasonable price. If children do not have the money, the schools are required to give them breakfast free or at a lower price. To help schools, USDA gives some money and food.

The local programs are run jointly by State and district school officials. The breakfast menus are planned to give children a healthy start toward

their daily food needs. They must include milk, fruit or vegetable juice or fruit, bread or biscuits or muffins, and cereal.

Special Food Service Program

School is not the only place where youngsters get hungry at regular intervals. The Special Food Service Program for Children assists public and nonprofit private institutions such as day care centers, settlement houses, and recreation centers that provide day care for children from low-income areas, or from areas with many working mothers. It was authorized by an amendment to the National School Lunch Act. Summer day camps and similar recreation programs may also apply. In-residence institutions are not eligible.

The program provides cash reimbursement from Federal funds for food purchased up to a maximum of 15 cents for each breakfast, 30 cents for each lunch or supper, and 10 cents for supplemental food served between meals. Financial help is also available for buying or renting necessary equipment, as well as USDA donated foods, and technical assistance and guidance to establish and operate a program.

Putting the blush of good nutrition into a child's cheeks is a year 'round challenge. It is the goal of the FNS child nutrition programs to reach as many youngsters as possible, so that good eating will put a twinkle in the eye and roses in the cheeks of youngsters across the Nation. ★

A Duncan, Oklahoma, junior high student pays for her lunch in the privacy of a "voting booth" located in the cafeteria, as the school business manager looks on. Thus the school avoids publicly identifying non-paying students and those who do not pay full price.

nobody knows who pays

STUDENTS AT DUNCAN, Oklahoma's junior high school can enter the voting booth every day.

The candidate of their choice is a well-balanced lunch prepared in the school cafeteria. Just as the voting booth keeps your ballot secret, this booth conceals whether the student buys his ticket or gets it free.

Duncan, which is in the southern part of the State, and two other Oklahoma school systems are using unique methods to comply with USDA regulations that schools in the National School Lunch Program in no way identify students receiving free or reduced price lunches.

Tickets at Duncan Junior High are good for 2 weeks of lunches in the cafeteria, although students can buy meals for shorter periods at slightly higher cost, if they prefer.

With the voting booth method, only the person selling the ticket and the student receiving it need know whether the student pays the full price, a reduced rate or gets the ticket free.

In the Bartlesville school system in northeastern Oklahoma, elementary students file through the cafeteria line without meal tickets. At the first of



each month, parents receive a bill for the total cost of the number of meals their child will be eating in the cafeteria that month. If students miss more than 3 days during the month, they can receive credit for meals. Parents of children eating free lunches do not send in payment.

This pay-in-advance method is especially helpful to Bartlesville's food service, where four central kitchens prepare meals for 14 "satellite" schools.

With lunches paid for on a monthly basis, school food service personnel can determine within two or three meals the number of trays to send to each school, since students rarely skip the prepaid meals.

The Lookeba-Sickles school district in central Oklahoma uses a slightly different approach to its credit sys-

tem. Students sign for breakfast and lunch as they file through the serving line. The school secretary then compiles the number of meals served each student during the month and parents are billed for the total number of meals their child eats.

Since everyone who eats signs the register, no one knows who gets a free or reduced price lunch. Lookeba-Sickles has an average daily lunch participation of more than 90 percent.

Officials of all three systems point out that teachers are not involved in lunch collections, saving many hours of classroom time each month. And the collection causes no slowdown in the cafeteria line.

The National School Lunch and Breakfast Programs are administered in Oklahoma by the State Department of Education.

★

food assistance provides direct relief

DIRECT FOOD ASSISTANCE is a cooperative Federal-State-local activity which distributes food to low-income families, schoolchildren, and people in charitable institutions.

Purchases of foods to be distributed are made through competitive bidding by food suppliers and processors. These foods meet Federal specifications for quality; they are equal in quality to foods available in retail food stores.

Food Help To Needy Families

To be eligible for the family food donation program, a family or individual must have access to cooking facilities and have such a low income that he cannot buy the food he needs. Recipients include those who are on public welfare, on Social Security or with very small pensions, the unemployed, and those who work part-time or for very low wages.

To get donated foods, the head of the family goes to his local welfare office, bringing papers to show where his family lives, the monthly income they have, and the amount they pay for doctor bills, rent, etc.

State distributing agencies are kept currently informed of the foods available for donation. Over 20 nutritious foods are currently available for family donations. The list includes:

- Canned meat and poultry
- Peanut butter
- Dry beans
- Instant mashed potatoes
- Instant dry milk
- Canned fruits and vegetables
- Table and cooking oils
- Enriched flour
- Enriched cornmeal
- Rice and other cereals
- Prunes and other dried fruit.

State and local agencies are offered enough food to supply each person in the family donation program with over 30 pounds of food a month.

When the donated foods are distributed at the recommended rates and accepted and used by recipients, they provide a diet that comes very close to meeting full nutritional

needs. These foods can supply all the family's protein, calcium, thiamine, riboflavin, and substantial amounts of iron, plus Vitamins A, C and D.

Assistance To Schools and Nonprofit Institutions

Direct food assistance also helps schools provide nutritious lunches to students at low cost—and at no cost to needy children in many instances. Most of these schools are those in the National School Lunch Program serving complete, nutritious lunches. Public and nonprofit schools not in the National School Lunch Program may also receive donated foods, provided they serve nutritious meals containing foods from the four basic food groups.

Food purchased especially for the National School Lunch Program are selected according to the nutritional needs of the children, recommendations of State school lunch officials, and market supplies and prices.

These foods include canned and frozen meat and poultry items, and a variety of canned fruits and vegetables especially suited for children's lunches. The variety and quantity of donated foods vary according to market conditions that affect purchases.

In addition, nonprofit institutions—orphanges, homes for the aged, hospitals, summer camps, child care centers, and other charitable agencies—use donated foods in feeding programs for needy youngsters and adults.

Emergency Aid

USDA's donated foods also serve a vital "standby" function—to provide relief to victims of natural disasters, whenever and however they strike.

When disasters threaten, State distributing agencies regularly alert school officials and welfare agencies—so that the donated foods that are on hand in their schools and distributing warehouses will be readily available for disaster feeding and relief use. ★



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food assistance starts a chain reaction

WHEN THE FRED KNIGHT family returned to Bloomfield, Missouri, after a winter of work in the Florida citrus fields, they had nothing left except what they were able to fit into their battered pickup truck.

There's not much room for things you need when you have ten young members of the family to fit into that truck as well. So with no money, no furniture, no bedding, no clothes and no food, the problems seemed insurmountable.

Old friends of the family suggested that Mr. Knight go down to the food distribution center to see if he could get help for his family there.

Vernon Curtis, Food Distribution Supervisor for Stoddard County, assisted Mr. Knight in making out the application forms and told him he would know within a day or so whether he would qualify for commodities.

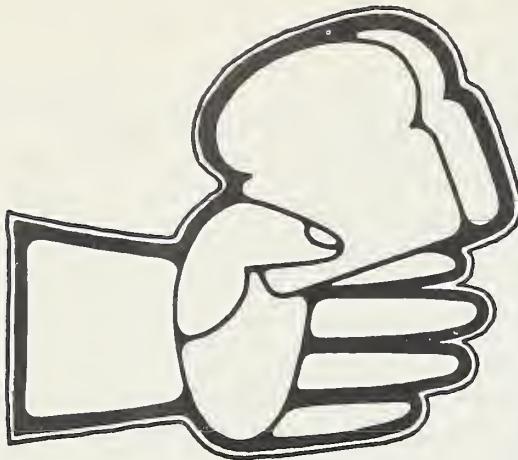
Meanwhile, Mr. Curtis and the residents of Bloomfield began helping at once. First, bedding and clothes were rounded up. Mr. Curtis used his truck to take these items out to the shell of

a house the family was living in. Mr. Curtis also hauled over the stove that the family needed because of the cold early spring weather.

By the time the day's work was finished, Mr. Curtis learned that the family could get USDA donated foods for as long as they needed them. Distribution was the next day. After she received the foods, volunteers showed Mrs. Knight the best way to prepare them, and the family experienced the immediate benefits of the program.

Since their first meal last spring, the Knights have had nothing but praise for the USDA food program. Mr. Curtis reports that Mr. Knight has volunteered to help others—by taking food to those who are unable to come on distribution day.

Mr. Knight hopes to be able to get a job soon at the Swift and Company Packing Plant just outside of town. He knows that when he gets that job, he'll be making too much money to qualify for food assistance. But the program has given them a hand when they needed it so they'll be able to make it themselves now.



YOU TOO can start a food program!

PROFESSIONAL, CIVIC, religious, and volunteer groups, and individuals are getting involved in feeding people who need to be fed: the young, the old, the disabled, the sick and needy.

You may be aware of people in your community who are in need of a more adequate diet, and who need your help or cooperation in getting it. You could contact local, State or Federal officials to get more information on food programs operating in your community.

Learn about nutrition problems in your area. Then set priorities and direct your efforts toward specific, immediate food needs. For more information on food programs, see the chart below. In addition to those agencies listed below, private and public groups may be able to offer advice and aid.

Once you have the facts on the Federal and State help available, you and the community officials should determine what resources are available at home to make the programs go. If your resources are limited and the need is great, look into the additional Federal and State help available for low-income areas and neighborhoods. Your area may be able to get extra help even if part of your city or county is made up of middle and high-income families.

Local Responsibilities

For school lunch, breakfast, and food service for preschool and day-care programs, you will need the following:

- ★A place to serve children.
- ★Kitchen facilities.
- ★Someone to plan, prepare and serve the meals, including free or reduced-price lunches.

★Some food costs over and above those covered by normal rates of Federal food and cash donations.

For the donated foods program, local responsibilities include:

- ★Facilities to store and distribute the donated foods.

- ★People to give out the foods.

- ★Arrangements through the welfare department to accept applications and verify the need of families who apply for donated foods.

Federal funds are available to States to improve and expand donated foods programs.

The Food Stamp Program requires at the local level:

- ★Arrangements through the welfare department to accept applications and verify the need of families applying for food stamps.

- ★Storage and issuance of the stamps to eligible families under the same security required to handle money.

- ★An account for payments.

Community Help

Local civic and voluntary organizations can make all the difference in the success of your efforts to build effective food programs. Work to build interest and support from local community groups.

Ask these organizations to consider taking an active part in bringing new or expanded food programs to your community, or to improve these programs so they may better serve those in need.

In many school districts, with the extra food and cash obtained from the Food and Nutrition Service, local businesses, clubs and churches con-

tribute funds and equipment that make it possible to begin or expand school feeding. In some areas volunteers from community organizations supervise lunchrooms to help ease the financial burdens of the local school lunch program.

Many day-care centers for preschool children are operated by churches and other voluntary service organizations. Make sure they know about the possibilities of improving food service for their children through the FNS Special Food Service Program for Children.

With this program it is not mandatory that the meals be prepared in the day-care center. The centers can use a caterer and still get the cash reimbursement, as long as the meals meet the nutritional standards set by FNS.

For the family food programs—either food stamp or donated foods—civic and voluntary community organizations in many parts of the country are taking a lead in helping.

Some of the services they perform are:

- ★Providing transportation to help low-income families apply for and get donated foods or food stamps.

- ★Organizing educational programs to help the families make best use of their food help.

- ★Spreading the word to low-income families about how to get food help.

- ★Helping equip and staff the food distribution center or food stamp certification offices where public funds are short.

- ★Providing a local fund to help finance food education classes and emergency food help to destitute families.



PROGRAM

National School Lunch and School Breakfast Programs.

Special Food Service Program for day - care centers, day camps and summer recreation programs.

Food Stamp Program.

Family Food Donation Program.

LOCAL CONTACTS

Director of school food services. School principal. School lunchroom manager. Members of the school board. Superintendent of schools.

The board of directors of the pre - school or day - care center. Director of public welfare. Director of summer recreation program.

Director of public welfare.

Director of public welfare.

STATE CONTACTS

Director of school food services, State department of education. State superintendent of education.

Director of school food services, State department of education.

State department of public welfare.

In most States the official in charge of donated foods can be reached through welfare or education departments.

FEDERAL CONTACTS

Child Nutrition Division
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

Child Nutrition Division
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

Food Stamp Division
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

Commodity Distribution Division
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

STAFF MEMBERS WIN HONORS



Russell H. James and Isabelle M. Kelley, two recipients of USDA honor awards, discuss food programs in the Southeast region at the April 21 meeting of regional directors.

Three members of the FNS staff who have been leaders in the drive to end hunger were honored by USDA at its 25th annual awards ceremony in May.

Isabelle M. Kelley was given the Department's highest honor—the Distinguished Service Award. Both as a program administrator and an architect of food stamp and child nutrition legislation, Miss Kelley has helped to provide a firm foundation for the improvement and expansion of FNS programs.

Miss Kelley has been a leader in development of the Food Stamp Program. In 1965 she was named the first director of the Food Stamp Program—making her the first woman in the Department of Agriculture to head an “action” program. She has developed many of the legal, fiscal, and administrative arrangements necessary to initiate and conduct large Federal-State programs.

She demonstrated outstanding skill in directing the rapid expansion of the program following the December 1969 food stamp revisions.

The effectiveness of the program in providing food stamp benefits—currently to more than 10 million people—is largely because of Miss Kelley's personal dedication, executive ability, and skill in obtaining the cooperation of State and local officials.

In recognition of her competence and to utilize her talents more fully in behalf of all the FNS programs, Miss Kelley was appointed Assistant Deputy Administrator, Program Operations, in April 1970.

This Distinguished Service Award is one of many that Miss Kelley has won. The awards include: Superior Service Award in 1955, Cash Award in November 1958, Certificate of Merit and Outstanding Performance Rating in January 1958, and Sustained Performance Award in 1963.

The Superior Service Award was presented to *Russell H. James* for his outstanding achievements in directing FNS activities in the Southeast region.

Mr. James has met a special challenge as regional director during a time of rapid expansion. He has responsibility for administering FNS programs operating in nine southern States as well as in Puerto Rico and the Virgin Islands. This region, which contains only 19 percent of the Nation's population, is currently serving more than 38 percent of participants in the food assistance programs.

Mr. James has worked closely with State and local agencies in his region to make sure that FNS programs are most effectively used to help the needy in the Southeast.

Frequently asked by State officials for advice and guidance, he has pro-

vided expert leadership by suggesting specific plans of action to improve program operation. His skill in developing effective and harmonious working relationships with State and local officials has encouraged their cooperation, enabling the Southeast region to reach an outstanding rate of participation in FNS programs.

Mr. James' contribution in the field of Civil Rights is of special merit. He has succeeded in making significant gains in insuring non-discrimination in program operations and in employment of State personnel, as well as in recruiting and training minority group members on his own staff.

“When a man loses everything—he can't give up—he must keep trying.” These were the words of *David C. Self* as he helped provide relief to the victims of the devastating tornadoes that struck Mississippi on the afternoon of February 21. Only a few days later, Mr. Self was killed in an automobile accident before returning to his home in Clarksdale, Mississippi, where he served as an assistant officer-in-charge for FNS.

Through his determination to help people “keep trying” and his many contacts with community action groups, Mr. Self was able to get information about food programs to potential recipients and to bring local problems and special needs to the attention of FNS.

When detailed for service in the eight-county disaster area of the Mississippi delta on February 26, Mr. Self demonstrated the same ability to pinpoint problems and foster trust. He was a leader in convincing the victims, many of whom were unwilling to leave their ruined homes, to take advantage of the emergency facilities provided by FNS, the Red Cross, Salvation Army and State and local organizations.

In tribute to his dedication to serving the disadvantaged and his outstanding performance during both normal and disaster relief operations, David C. Self was posthumously honored with the Superior Service Award.



REACHING OUT WITH FOOD STAMPS

AUGUST 31, 1970, was a bright, quiet late-summer day in New York City. But for Mrs. X, a widow, and her three children in the lower Bronx, it was an unusual day, as it was for many others in New York City. On that day the Nation's largest city entered the Food Stamp Program.

For Mrs. X and her children this meant that they could exchange their inadequate food money for food stamps—and be assured a total of \$106 with which to buy food for a month.

New York's entry was one more milestone in the history of the Food Stamp Program, which is currently reaching more than 10 million people. The program has expanded into more than 2,000 counties and independent cities in 45 States and the District of Columbia.

The aim of the program is to improve the diets of low-income families. Those eligible include the unemployed, the underemployed, the disabled and handicapped, and elderly people on Social Security or other



fixed pensions.

The program is administered nationally by FNS and operates through State welfare departments working with county and city welfare agencies.

Here's how it works:

Families are certified for stamps at local welfare offices. The "head of the household" gets an "authorization to purchase" card and an identification card. The authorization card tells how much the recipient pays and the amount of the total food stamp allotment, which will include a generous number of "bonus" coupons. Currently, "bonus" coupons issued total approximately \$132 million a month.

Recipients purchase the stamps at a local bank or other issuance agency. About 6,000 banks sell food stamps, as do some 3,520 special offices run by the food stamp projects. In addition, there are some 400 others, including savings and loan associations and credit unions.

In many areas, food stamps are also issued by mail.

Stamps buy food at any store authorized to accept them by FNS. There are approximately 138,000 food retailers and 2,200 food wholesalers now accepting food stamps. The stamps buy any domestically produced food; they do not purchase cigarettes, liquor, soap, paper, and imported items.

Significant improvements have been made recently in the Food Stamp Program. Implementation of new issuance schedules that meant more stamps for less money for all participants began in January 1970.

Under the improved program, all eligible four-person households, for example, are issued a total of \$106 in food stamps per month.

Value of food stamp allotments will now be modified annually in line with food price changes, under new legislation enacted in January 1971.

New Law To Be Implemented

FNS is now implementing the new food stamp legislation (P.L. 91/671) approved January 11 by President Nixon.

The new law does the following:

★Provides for the establishment of uniform national eligibility standards, eliminating the inequitable State-to-State variations in eligibility rules.

★Authorizes free stamps for those with little or no income.

★Provides for the value of the food stamp allotment to be reviewed annually, to take account of changes in retail food prices.

★Extends authority for program appropriations through fiscal year 1973. A maximum appropriation of \$1.75 billion is authorized for fiscal year 1971, which ends June 30, 1971,

with no limitations set on amounts that may be appropriated for fiscal years 1972 and 1973.

★Provides a stamp allotment sufficient to purchase a nutritionally adequate diet and limits its costs to 30 percent or less of household income.

★Defines a "household" as a group of "related" individuals, and requires able-bodied persons, with exceptions, to register for or accept work.

★Permits eligibles to buy less than full allotments, permits the elderly to use coupons for complete meals delivered by defined agencies, and allows recipients the option of having the cost of the stamps deducted from their welfare checks.

States are also encouraged by Federal sharing of the costs to undertake "outreach" efforts to bring more needy into the program.

The new law also authorizes limited concurrent distribution of food stamps and donated foods in the same area, and aggrieved program participants are given "fair hearing" rights.

The regulations to implement this new law were proposed, at mid-April, with interested persons invited to comment on the proposals by mid-May. Final regulations are then to be issued as soon as all these comments have been carefully considered. ☆



Food Stamps Meet An Immediate Need

LIFE WAS TREATING L. O. Youmans of North Charleston, S.C., pretty well. He had health, happiness, and security in his home. A wife, two rollicking children and a good job with a shipping company as a truck driver made him perfectly content. His \$150-per-week salary was more than enough to meet the financial needs of his family and to save a little for a rainy day.

Then, on January 14, he swerved his huge truck to miss another vehicle on a narrow and dangerous highway near Oxford, Ala., and his rig catapulted into a roadside ditch. For days his family was given little hope that he would survive. Gradually, he began to recover and finally was able to return to his North Charleston home. Doctors told him, however, that he could not return to work for a year and possibly, never.

Since his accident, Mr. Youman's only income has been the \$50 per week from Workmen's Compensation—hardly a drop in the bucket for covering the many expenses of a family with two teen-aged children.

"I just kept faith in the Lord," said Mrs. Youmans. "I went from day to day."

A friend then suggested to Mrs. Youmans that she ask about the Food Stamp Program. At the county Department of Public Welfare office, she learned that for \$28 she could purchase slightly more than \$100 in food coupons.

"All I had with me," recalls Mrs. Youmans, "was \$2, so I gave that to them and told them I would send the rest when the Workmen's Compensation check came in."

Food stamps, of course, did not solve all of the problems of the Youmans family, but they have certainly helped to bridge the gap. They can now face the future knowing that they can eat adequately. ☆



mailing accelerates food stamp benefits

IN JANUARY 1970 the State of Washington, with approval of the Department of Health, Education and Welfare, began a pilot program in 18 of the State's 39 counties wherein the cost of food stamps is deducted automatically from public assistance checks, and the stamps mailed to participants. It is called the Public Assistance Withholding Program.

The program, wholly voluntary, eliminates the need for participants to go to food stamp sales outlets to purchase their stamps, and was so well received in the pilot counties that a year later it was expanded to include all but two of Washington's counties.

The mechanics of issuing food stamps by mail is tied to Washington's computer system. The computer tabulates lists of those desiring the service, the amount they are to receive, and prints their addresses on labels. These are sent to the manual stuffing center where the stuffing operation has already been forecast and begun. The addresses are then affixed to the envelopes and food stamps of varying value are on their way to users in participating households. ☆

Eliminates Standing In Line

Mrs. Yvonne Roppel, mother of six, lived only two blocks from the food stamp sales outlet when she signed up for the Public Assistance Withholding Program in January 1970.

Mrs. Roppel, who received \$62 in bonus stamps in addition to the \$100 deducted from her public assistance check, has a bad back and often had to hold her youngest child while waiting to buy her stamps. The State's automatic deductions has saved her this trouble. ☆

More Time for Training

Mrs. Judi Robinson of Olympia, Washington, is in training to become a beautician under Washington State's vocational rehabilitation program.

The mother of four young children, she had to take time off from her training each month to buy food stamps. She says it was not uncommon for her to wait one or two hours and she once waited for four.

Now Mrs. Robinson has more time to devote to her primary goal—to get off public assistance. ☆

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